



Overcoming Stage Fright

Durham Music Teachers Association, North Carolina
November 12, 2020

- Private studio online and in Cary, NC (20+ years teaching)
- Specialize in coaching to help people overcome performance anxiety
- Passionate about learning how we learn and how our brains help and hinder our life experiences
- Degrees in vocal performance and music education.
- Licensed k-12 Educator
- Member: Actors Equity, National Association of Teachers of Singing

I have a fluff ball dog, an affectionate cat, lots of plants, and I love being in nature.



*Helping performers soar by nurturing
Confidence, Passion, and Connection*

Amber Nicole Dilger

speeches

unwanted attention

performing for strangers

being vulnerable

crowds of people paying attention to me

performing at concerts

others judging me

center of attention

SCHOOL PRESENTATIONS

PERFORMING FOR CLASS

thinking about performing

being with others

out of comfort zone

auditioning

life

messing up

performing for friends

knowing people are watching

people staring at me

Overcoming Stage Fright:

**Helping Students Become
Resilient Performers**

Assessment of Student's:

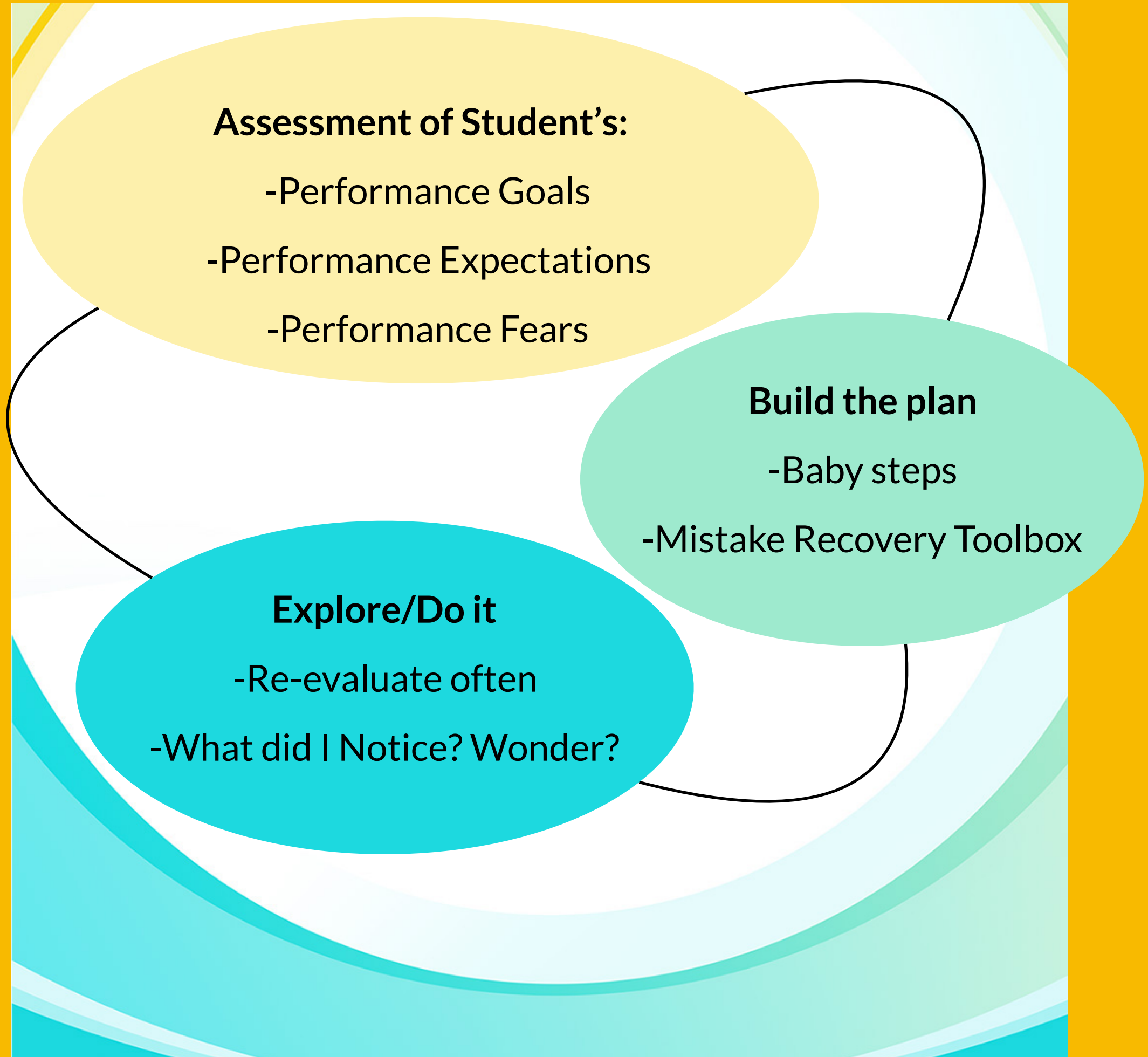
- Performance Goals
- Performance Expectations
- Performance Fears

Build the plan

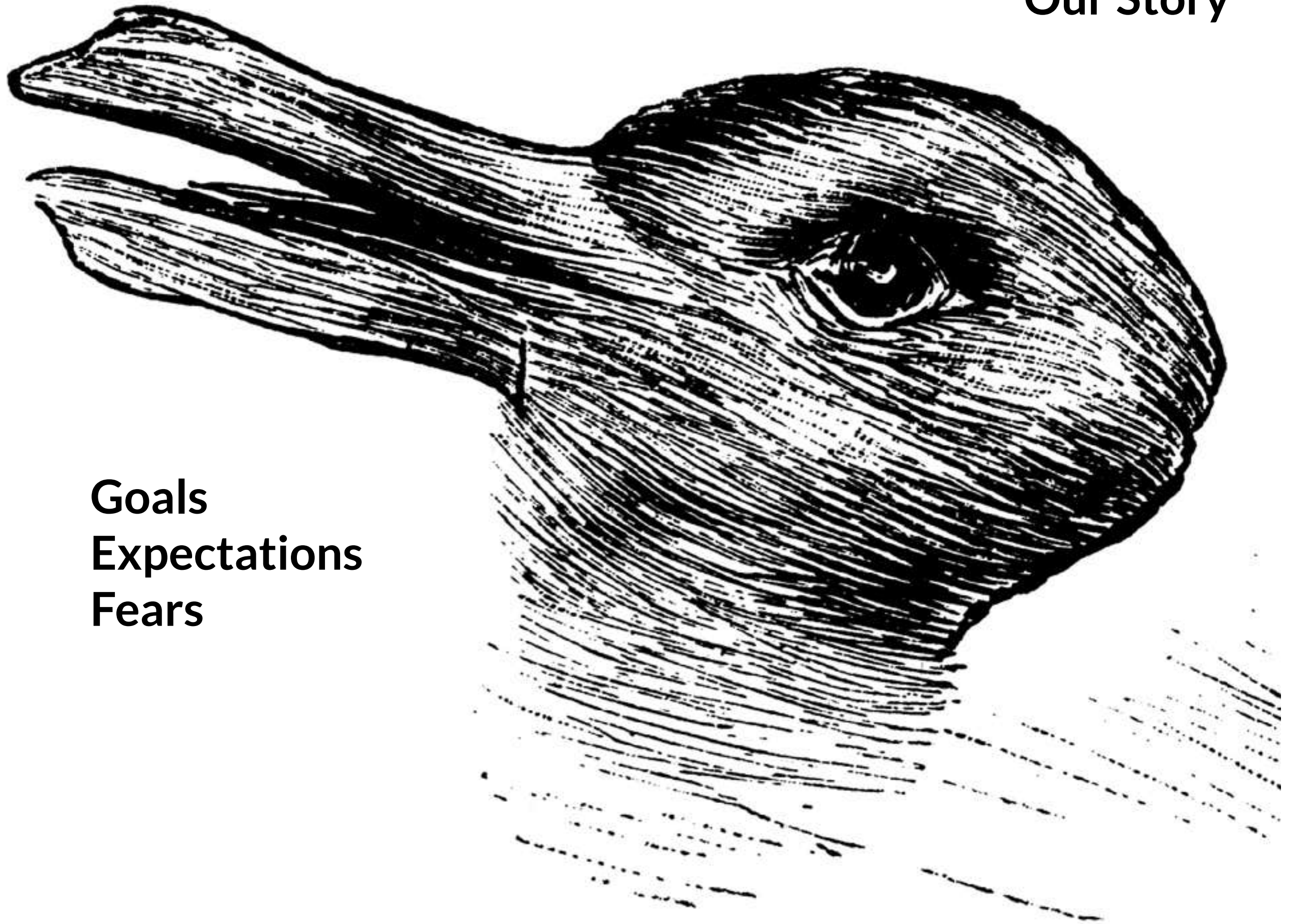
- Baby steps
- Mistake Recovery Toolbox

Explore/Do it

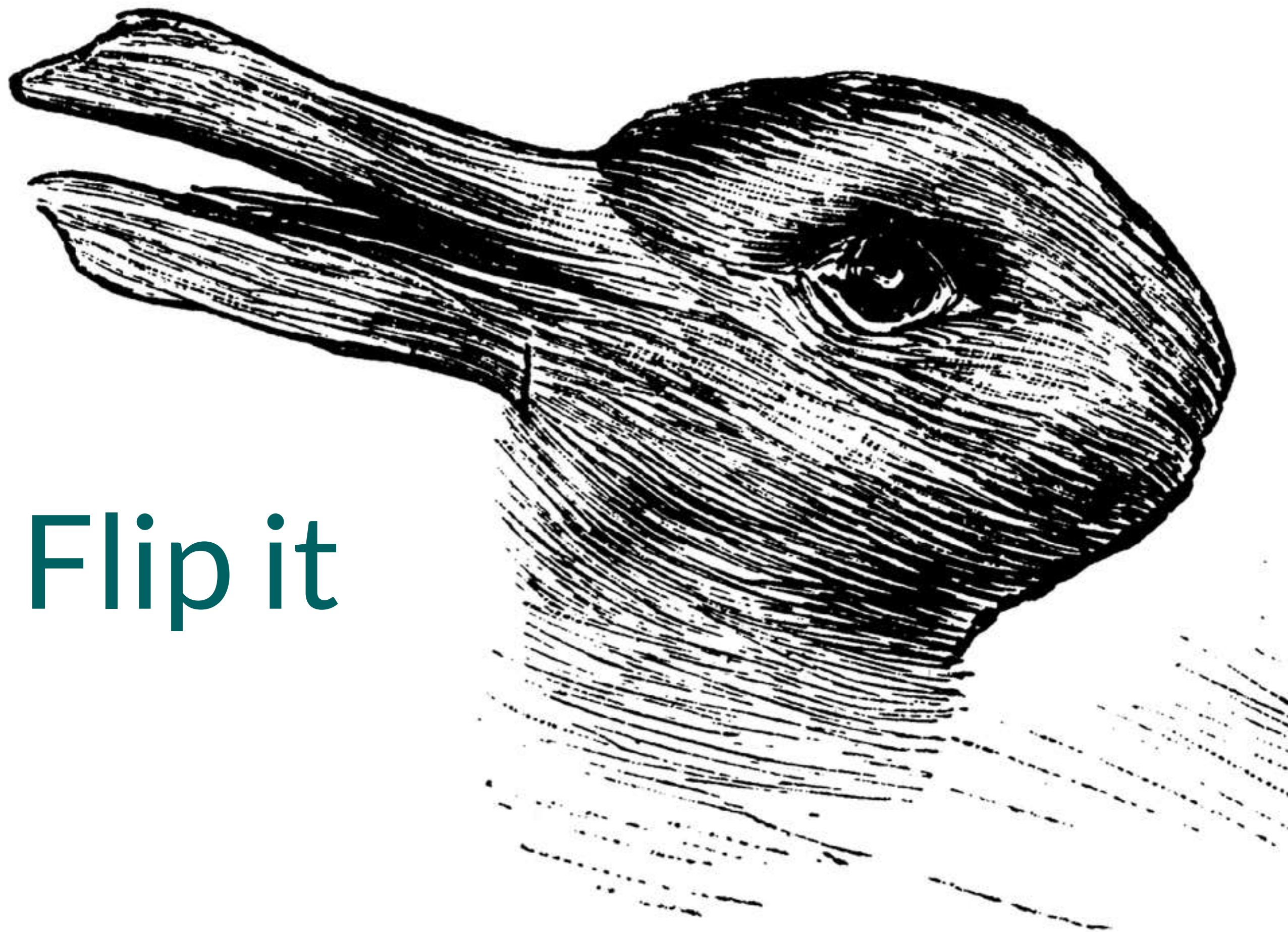
- Re-evaluate often
- What did I Notice? Wonder?



Our Story



Goals
Expectations
Fears



Flip it

I've learned that people
will forget what you said,
people will forget what
you did,
but people will never
forget how you
made them feel.
~Maya Angelou



Perfectionism is the enemy of greatness.

The best is the enemy of the good. -Voltaire

Striving to better, oft we mar what's well.

-Shakespeare

*Better a diamond with a flaw than a
pebble without. -Confucius*

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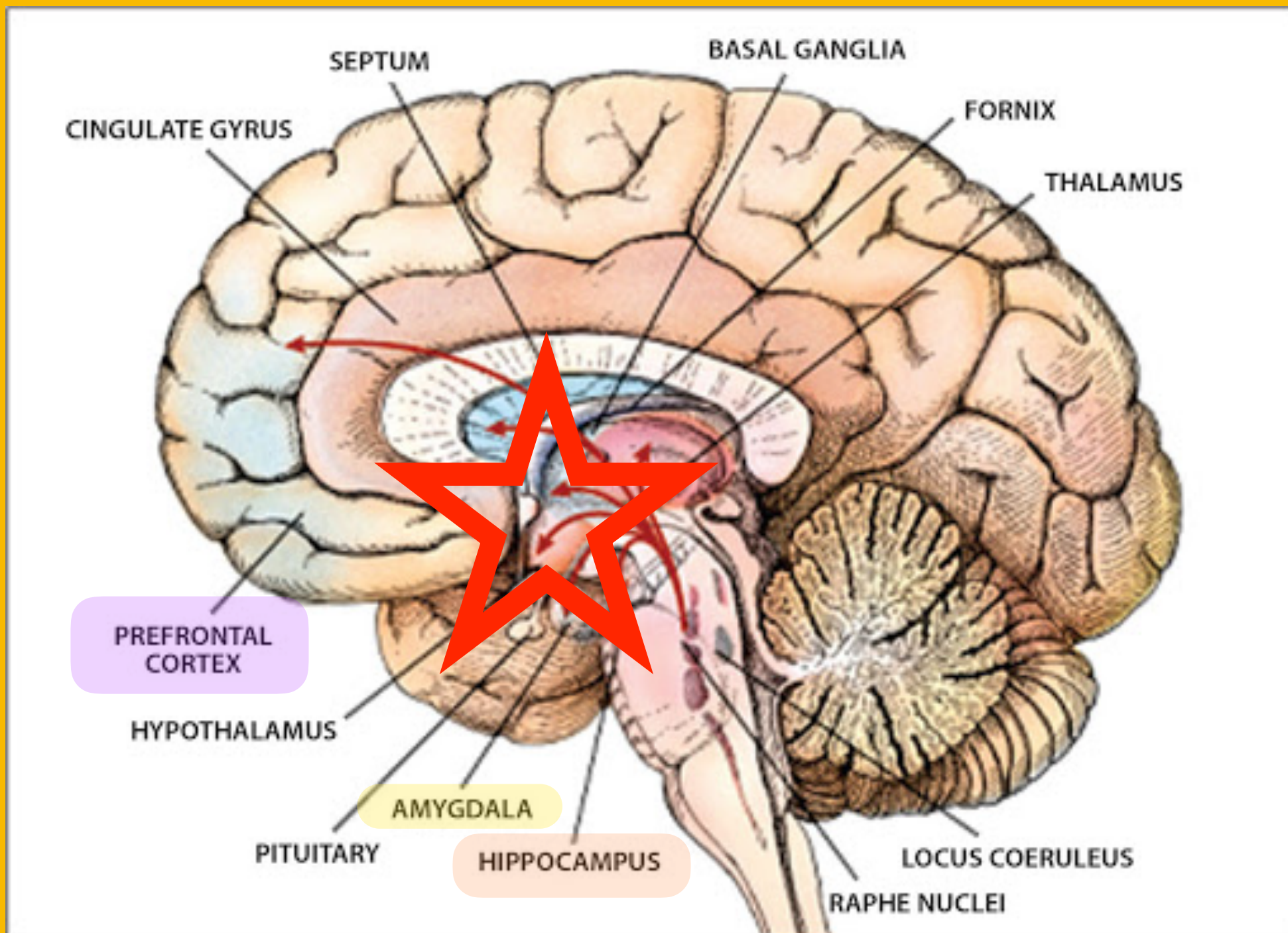
3. Explore/Do it

- Re-evaluate often
- What did/do I Notice? Wonder?

Befriending your fear





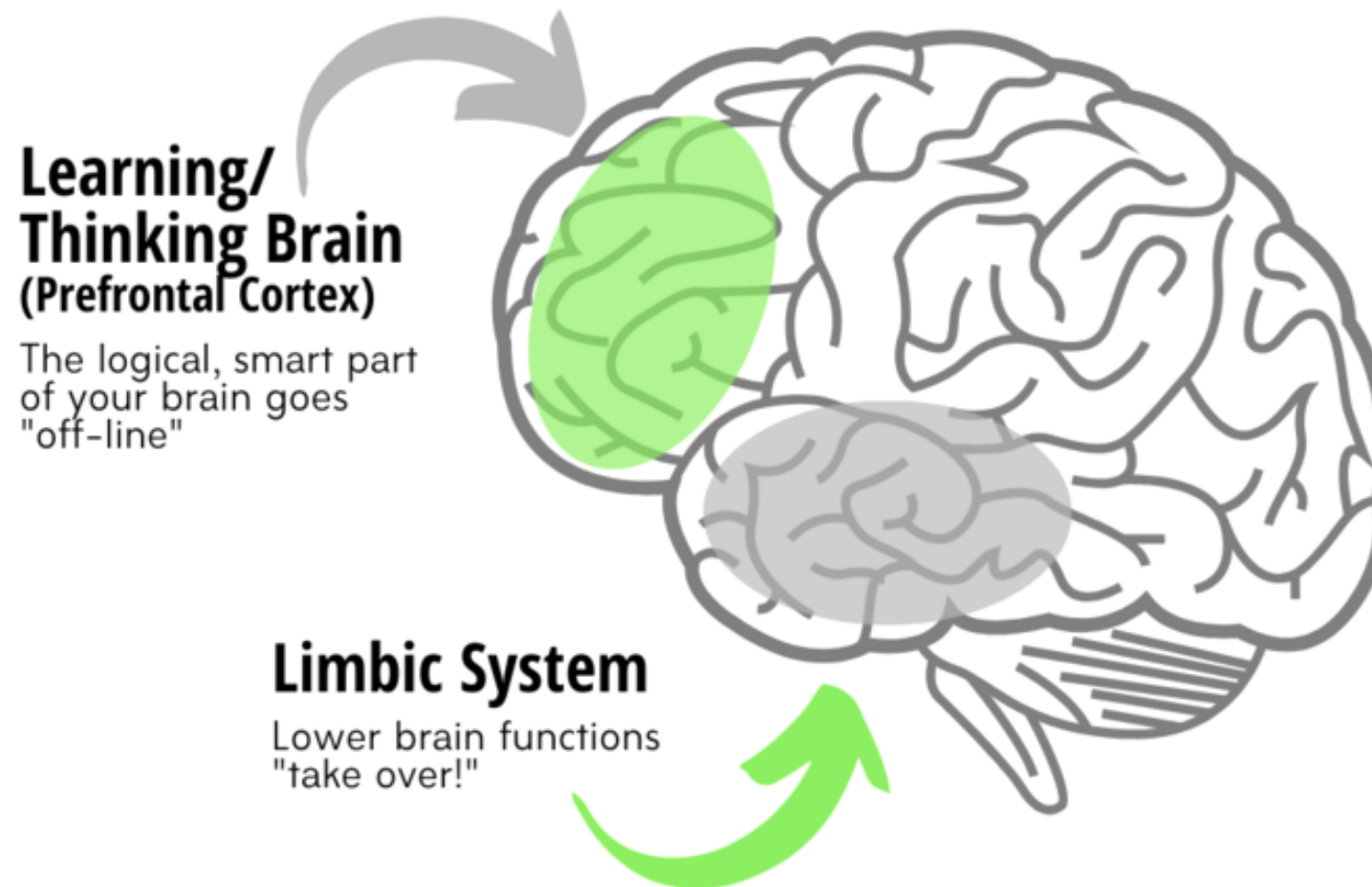


Dr. Dan Siegel, Hand Model of the Brain

Fight - Flight - Freeze

What's really happening when we go into...

"SURVIVAL MODE"



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NAME IT TO TAME IT.



Direct and Redirect our Focus





Focus: (*In *** Out *** Thinking*)

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Plan out your baby steps.

“Mistake Recovery Toolbox”



Resilience:

“an ability to recover from or adjust easily to misfortune or change.”

— Merriam-Webster Dictionary

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- Re-evaluate often
- What did/do I Notice? Wonder?



"The journey of a thousand miles
begins with a single step."

Lao Tzu

Encoding & Retrieval





/songflightstudio

www.songflightstudio.com



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Confidence, Passion, and Connection*



Presentation Resources:
www.ambernicoledilger.com/resources

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